



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01278, Yogurt, Greek, nonfat, vanilla, DANNON OIKOS

Report Date: July 16, 2017 18:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	78.50	6	0.157	78.1	79.1	5.0	78.096	78.904	1	Analytical or derived from analytical	--	07/2014
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Energy	kJ	354	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Protein ¹	g	8.12	6	0.036	8.05	8.28	5.0	8.029	8.214	1	Analytical or derived from analytical	--	07/2014
Total lipid (fat) ¹	g	0.14	6	0.027	0.07	0.2	5.0	0.073	0.21	1	Analytical or derived from analytical	--	07/2014
Ash ¹	g	0.52	6	0.019	0.44	0.56	5.0	0.471	0.569	1	Analytical or derived from analytical	--	07/2014
Carbohydrate, by difference	g	12.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fiber, total dietary ¹	g	0.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Sugars, total ¹	g	11.40	3	0.143	11.2	11.68	2.0	10.789	12.017	1	Analytical or derived from analytical	--	07/2014

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Sucrose 1	g	3.78	3	0.139	3.63	4.06	2.0	3.187	4.38	1	Analytical or derived from analytical	--	07/2014
Glucose (dextrose) 1	g	0.27	3	0.085	0.18	0.44	2.0	-0.097	0.636	1	Analytical or derived from analytical	--	07/2014
Fructose 1	g	4.34	3	0.117	4.11	4.49	2.0	3.838	4.842	1	Analytical or derived from analytical	--	07/2014
Lactose 1	g	2.47	3	0.082	2.31	2.56	2.0	2.122	2.825	1	Analytical or derived from analytical	--	07/2014
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Galactose 1	g	0.54	3	0.015	0.51	0.56	2.0	0.474	0.599	1	Analytical or derived from analytical	--	07/2014
Starch 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Minerals													
Calcium, Ca 1	mg	89	6	0.933	86	91	5.0	86.852	91.648	1	Analytical or derived from analytical	--	07/2014
Iron, Fe 1	mg	0.04	6	0.002	0.04	0.05	5.0	0.033	0.045	1	Analytical or derived from analytical	--	07/2014
Magnesium, Mg 1	mg	10	6	0.085	9	10	5.0	9.373	9.811	1	Analytical or derived from analytical	--	07/2014

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Phosphorus, P 1	mg	112	6	0.563	110	114	5.0	110.053	112.947	1	Analytical or derived from analytical	--	07/2014
Potassium, K 1	mg	115	6	2.405	108	121	5.0	108.318	120.682	1	Analytical or derived from analytical	--	07/2014
Sodium, Na 1	mg	32	6	1.075	29	37	5.0	29.102	34.631	1	Analytical or derived from analytical	--	07/2014
Zinc, Zn 1	mg	0.40	6	0.009	0.37	0.43	5.0	0.375	0.422	1	Analytical or derived from analytical	--	07/2014
Copper, Cu 1	mg	0.017	6	0.001	0.01	0.02	5.0	0.015	0.019	1	Analytical or derived from analytical	--	07/2014
Manganese, Mn 1	mg	0.009	6	0.000	0.01	0.01	5.0	0.008	0.009	1	Analytical or derived from analytical	--	07/2014
Selenium, Se 1	µg	8.2	3	0.333	7.5	8.5	2.0	6.732	9.601	1	Analytical or derived from analytical	--	07/2014
Vitamins													
Thiamin	mg	0.033	--	--	--	--	--	--	--	1	Calculated or imputed	01256	07/2014
Riboflavin 1	mg	0.260	3	0.032	0.21	0.32	2.0	0.122	0.398	1	Analytical or derived from analytical	--	07/2014
Niacin 1	mg	0.187	3	0.007	0.18	0.2	2.0	0.158	0.215	1	Analytical or derived from analytical	--	07/2014

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Pantothenic acid 1	mg	0.375	2	--	0.36	0.39	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin B-6 1	mg	0.047	3	0.001	0.04	0.05	2.0	0.042	0.052	1	Analytical or derived from analytical	--	07/2014
Vitamin B-12 1	µg	0.66	2	--	0.58	0.74	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D (D2 + D3)	µg	0.9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D3 (cholecalciferol) 1	µg	0.9	2	--	0.9	0.9	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D 1	IU	35	2	--	34	37	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Lipids													
Fatty acids, total saturated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
4:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
6:0 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
10:0 1	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
12:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
14:0 1	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:0 1	g	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:0 1	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total monounsaturated	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
14:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 undifferentiated ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 c ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total polyunsaturated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
18:2 undifferentiated ¹	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 n-6 c,c ¹	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 CLAs ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-3 c,c,c (ALA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3i ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 n-6 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:4 undifferentiated ¹	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD